

# HEALTH CARE

We earned it. Use it. Learn your rights.



Need help getting the right health care?



VISIT **OPA.***CA***.GOV** 

DEPARTMENT OF  
**Managed  
HealthCare**  
HelpCenter

Have a problem or complaint with your health plan?  
Call 1.888.466.2219 or visit [HealthHelp.ca.gov](http://HealthHelp.ca.gov)

Find the Office of the Patient Advocate on: [facebook](#) [twitter](#)



## DO YOU NEED...

- **Better cost savings?**
- **To understand your medical benefits?**
- **A doctor you can trust?**
- **Help with problems and complaints?**

*We have advocates to help you get the most from your health insurance plan.*



Issue	Who Can Help	Call	Website
<b>Finding the right doctor</b>	<ul style="list-style-type: none"> <li>• Your Health Plan:</li> <li>• Office of the Patient Advocate: <i>Choose a Doctor Worksheet</i></li> </ul>	Number is on your insurance card. 1-888-466-2219	Visit your health plan website. <a href="http://opa.ca.gov/worksheets">opa.ca.gov/worksheets</a>
<b>Understanding medical coverage choices</b>	<ul style="list-style-type: none"> <li>• Office of the Patient Advocate: <i>Selecting the Right Plan</i></li> <li>• Medi-Cal Managed Care: <i>Health Care Options</i></li> <li>• CA Department of Insurance</li> <li>• U.S. Department of Labor: <i>Employee Benefits Security Administration: COBRA</i></li> </ul>	1-888-466-2219 1-800-430-4263 1-800-927-4357 1-866-444-3272	<a href="http://opa.ca.gov/right-plan">opa.ca.gov/right-plan</a> <a href="http://HealthCareOptions.dhcs.ca.gov">HealthCareOptions.dhcs.ca.gov</a> <a href="http://Insurance.ca.gov">Insurance.ca.gov</a> <a href="http://DOL.gov/ebsa">DOL.gov/ebsa</a>
<b>Getting the right care</b>	<ul style="list-style-type: none"> <li>• CA Health Plan Help Center</li> <li>• Office of the Patient Advocate: <i>Worksheets</i></li> <li>• State of California</li> </ul>	1-888-466-2219 1-888-466-2219	<a href="http://HealthHelp.ca.gov">HealthHelp.ca.gov</a> <a href="http://opa.ca.gov/worksheets">opa.ca.gov/worksheets</a> <a href="http://Healthcare.ca.gov">Healthcare.ca.gov</a>
<b>Choosing treatment for health conditions</b>	<ul style="list-style-type: none"> <li>• National Library of Medicine</li> <li>• Mayo Clinic</li> <li>• U.S. Department of Health &amp; Human Services</li> </ul>	1-888-346-3656	<a href="http://MedlinePlus.gov">MedlinePlus.gov</a> <a href="http://MayoClinic.com">MayoClinic.com</a> <a href="http://HealthFinder.gov">HealthFinder.gov</a>
<b>A person to help you solve problems or complaints</b>	<ul style="list-style-type: none"> <li>• CA Health Plan Help Center</li> <li>• Health Insurance Counseling &amp; Advocacy Program (HICAP)</li> <li>• Medi-Cal Managed Care Office of the Ombudsman</li> </ul>	1-888-466-2219 1-800-434-0222 1-888-452-8609	<a href="http://HealthHelp.ca.gov">HealthHelp.ca.gov</a> <a href="http://CaHealthAdvocates.org">CaHealthAdvocates.org</a> <a href="http://DHCS.ca.gov">DHCS.ca.gov</a>

